

PARANORMAL UNDERGROUND®

Volume 18, Issue 5

May 2025



The Secret Life of
HAUNTED OBJECTS

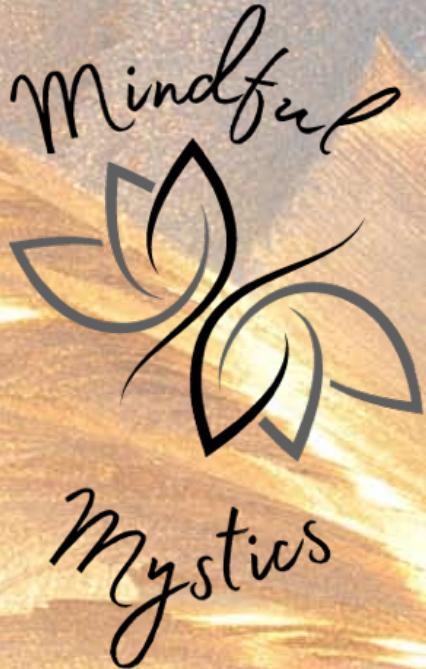
Aliens & Underground Bases
The Phil Schneider Case

Paula & Gavin Kelly's
Paranormal Journey

The Grunch
What's Lurking in the
Louisiana Bayous?

ALSO INSIDE:

- PARANORMAL TALES FROM NEW YORK'S HAUNTED HUDSON VALLEY
- 5 UNBELIEVABLY CREEPY HAUNTED LOCATIONS IN NEW HAMPSHIRE
- TULPA TWINS AT THE OMNI MOUNT WASHINGTON RESORT & SPA
- PARANORMAL ENCOUNTERS IN HISTORIC PENNSYLVANIA



A monthly
PODCAST
about all things
**SPIRITUAL &
SUPERNATURAL**

With ...



Cheryl Knight

*Editor-in-Chief
Paranormal
Underground*



ChuckieG

*Psychic Intuitive
& Paranormal
Researcher*



Karen Frazier

*Author & Energy
Healer*

TUNE IN TODAY ON ITUNES, SPOTIFY & MORE!

TABLE OF CONTENTS

IN THE SPOTLIGHT

6 Haunted Entertainment
Paranormal Tales From New York's Haunted Hudson Valley

8 Investigator Spotlight
From Haunted Halls to Streaming Screens: Gavin and Paula Kelly's Paranormal Journey

12 Special Report
The Secret Life of Haunted Objects: When Possessions Become the Possessed



20

26

CASE FILES OF THE UNKNOWN

16 Haunted Sites
5 Unbelievably Creepy Haunted Locations in New Hampshire

20 Are We Alone?
Murder, Aliens & Underground Bases: The Extraordinary Claims of Phil Schneider

26 Cryptids & Mythological Creatures
The Grunch: New Orleans' Creepy Urban Legend of the Bayou

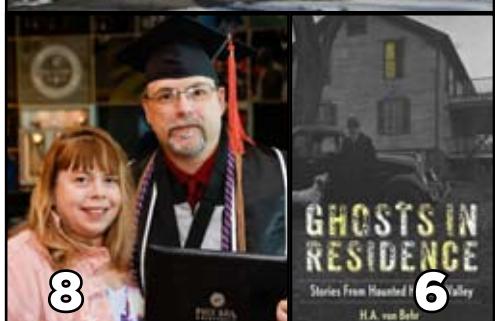


32

PERSONAL EXPERIENCES

28 Paranormal Encounters
Tulpa Twins at the Omni Mount Washington Resort & Spa

32 Ghost Hunter Case Files
When the Ghosts Speak: Paranormal Encounters in Historic Pennsylvania



8

6

PARANORMAL INSIGHTS

36 The Carter Files: Mysteries of the Unknown
The Dalnegorsk Incident: Russia's Roswell & The Mystery of Hill 611

40 Metaphysics & Energy Healing
The Soul's Blueprint: Do We Choose Our Life Path Before Birth?

42 The Shaman Windwalker
Faith of the Heart: How I Found Harmony Between Traditions



40

16



42

12



28

PARANORMAL UNDERGROUND®

Volume 18, Issue 5 - May 2025

www.ParanormalUnderground.net

EDITORIAL

PUBLISHER

Chad Wilson

EDITOR-IN-CHIEF

Cheryl Knight-Wilson
paranormalunderground@live.com

SCIENCE EDITOR

J.D. Harrison

CONTRIBUTORS

Cheryl Lynn Carter

Maxim W. Furek

Willie Windwalker Gibson

Warren Gray

Lisa LaMonica

Kelsey Christine McConnell

Paul Dale Roberts

Corey Sharer

The views expressed and opinions given by our contributors do not necessarily reflect those of Paranormal Underground magazine's owners or advertisers.

Copyright © 2008-2025 – Paranormal Underground® is a registered trademark. All rights reserved. As such, Paranormal Underground and its contents are the property of its owners. All other trademarks are the property of their respective owners. This publication and all content within this publication may not be copied, quoted, distributed, modified, or reprinted without the express written consent of Paranormal Underground magazine.

CONTRIBUTORS

CHERYL LYNN CARTER

Cheryl is a psychic medium, remote viewer, explorer, and researcher. Having her first paranormal experience at a young age made her realize she had a unique Sixth Sense and was able to communicate with those on the other side.



Cheryl's passion for one haunted location afforded her the opportunity to appear and consult in Chris Halton's documentary *A Haunting at Bachelors Grove*, one of the most haunted cemeteries in the Midwest.

She is an experiencer and a member of MUFON and CE-5. She served as a consultant for Thomas Conwell's books *They Are Here: Central U.S. UFOs* and *Earthquakes and UFOs*. Cheryl is an international author of eight books, including *Edge of Darkness*, *Chosen*, and *Dimensions: Mysterious Triangles of the U.S.*, and she is the co-author of *Digging Into Skinwalker Ranch* and *The Basin Files: Skinwalker Ranch*.

cheryllynnncarter.com

MAXIM W. FUREK

Maxim's rich background includes aspects of psychology, addictions, music journalism, and the paranormal. He has a master's degree in communications from Bloomsburg University and a bachelor's degree in psychology from Aquinas College.



He interviewed celebrity demonologists Ed and Lorraine Warren and was featured on *Exploring the Bizarre* with the legendary Timothy Green Beckley and Tim R. Swartz. His new book, *The Lost Tribes of Bigfoot*, has been published by Hangar 1 and uses the innovative Immersive Book Technology.

Maxim was a guest speaker at the 2024 Institute for Hermetic Studies Annual Conference, where he spoke about Dr. Frederick Santee, high priest of the Coven of the Catta, and at the Baltimore FortFest honoring the legacy of Charles Fort.

maximfurek.com

WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries.



Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*. He has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

WARREN GRAY

Warren Gray is a retired, U.S. Air Force intelligence officer with experience in joint special operations and counter-terrorism. He served in Europe and the Middle



East, earned Air Force and Navy paratrooper wings, four college degrees, and was a distinguished graduate of the Air Force Intelligence Operations Specialist Course, and the USAF Combat Targeting School. He is currently a published author and historian.

CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine and cohost of the *Mindful Mystics* and *Paranormal Underground* Radio podcasts. She has written extensively on article topics ranging from advanced technology and enterprise computing to travel guides and paranormal phenomena.



Her magazine experience includes roles as senior and managing editor for several niche publications and online media, where she has overseen editorial direction, content development, and investigative features. With a lifelong

passion for the unexplained, Cheryl has personally experienced a wide range of paranormal phenomena, including ghostly encounters and unexplained anomalies, fueling her dedication to research and storytelling in the field.

paranormalunderground.net

LISA LAMONICA

Lisa is an author and illustrator. She is the author of *Haunted Catskills* and *Witches and Warlocks of New York*. She has also written for *Chronogram Magazine*, *Haunted History Trail of New York*, *Hudson Art & History Magazine*, *Hudson Valley Parent Magazine*, and PBS/WMHT.

Lisa has received awards for her artwork. She was nominated for Artist of the Year in 2002 by the Columbia County Council on the Arts, and featured twice on WMHT's A House for the Arts. She lives in upstate New York.
lisalamonica.com



KELSEY CHRISTINE MCCONNELL

Kelsey received her bachelor's degree in television and film production from SDSU in 2016, as well as her MFA in musical theatre writing from NYU in 2018. When she's not writing for Open Road Integrated Media, she uses most of her free time for napping, writing her own novels, and snuggling with her dog. She's a co-host of the movie review podcast *The Movie Broads*.

kelseymcconnell.com



PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal.

Paul worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials. He is a journalist for the *Costa Rican Times*,



and his articles cover metaphysical topics and paranormal investigative stories. He is also co-owner of Halo Paranormal Investigations.

jazmaonline.boards.net

COREY SHARER

Corey is a paranormal enthusiast who has investigated at The Queen Mary, The Queen Anne Hotel, Hotel Alex Johnson, and The Whaley House.

He has personally encountered paranormal phenomena, including seeing ghostly apparitions and UFOs, and is most interested in trying to solve the mysteries of the paranormal.



CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of ParanormalUnderground.net, a platform dedicated to exploring unexplained phenomena, investigative research, and personal encounters.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Vilisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations. His passion for the field extends to documenting firsthand experiences and sharing them through in-depth articles, interviews, and multimedia projects.

paranormalunderground.net

Had a Brush With the Unknown? Email Us!

Email us at paranormalunderground@live.com, and tell us about your own paranormal experience, from ghosts to UFOs ... and more!

PARANORMAL UNDERGROUND®

Volume 18, Issue 5 - May 2025

www.ParanormalUnderground.net

ADVERTISING

Interested in advertising in *Paranormal Underground* magazine?

Contact:

Cheryl Knight-Wilson
paranormalunderground@live.com

ART DIRECTION

ART DIRECTOR

Chad Wilson

DESIGN AND LAYOUT

Cheryl Knight-Wilson

ON THE COVER

Paula and Gavin Kelly

SOCIAL MEDIA

Facebook

facebook.com/ParanormalUnderground

Instagram

instagram.com/paranormal_underground

X

twitter.com/ParanormalUG

Bluesky

bsky.app/profile/paranormalug.bsky.social

Pinterest

pinterest.com/paranormalug

Tumblr

tumblr.com/blog/paranormalunderground

Send comments and letters to:
paranormalunderground@live.com

PARANORMAL TALES FROM NEW YORK'S HAUNTED HUDSON VALLEY

By Lisa LaMonica

New York's Hudson Valley has long been a hotspot for paranormal activity, from ghostly encounters in centuries-old homes to mysterious lights and cryptid sightings in the woods. Many writers have documented these strange occurrences with care, curiosity, and cultural sensitivity.

Two standout books offer unique perspectives on the region's supernatural legacy, blending folklore, history, and first-hand accounts to paint a vivid picture of life alongside the unknown.

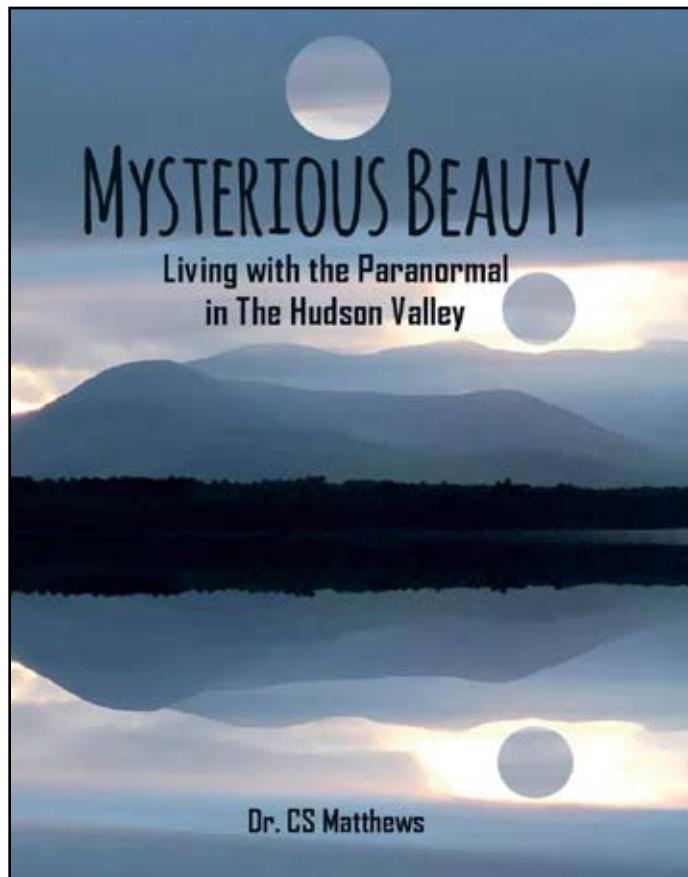
'Mysterious Beauty: Living With the Paranormal in the Hudson Valley' by Dr. CS Matthews

Mysterious Beauty: Living With the Paranormal in the Hudson Valley (2019) by Dr. CS Matthews is based on more than three decades of research and includes first-hand accounts from locals and descendants of Native American tribes. It's one of the few books that documents extensive details about Native Americans in the Hudson Valley — Mohawks, Mohicans, Iroquois, Wappingers — and their folklore. The book carefully notes that what we label as folklore was a natural part of these tribes' daily life and spiritual worldview.

Published in 2019, this book also draws a connection between Bigfoot sightings and the region's UFO flap during the 1980s and 1990s. These days, it's more common to encounter this connection in shows such as *Expedition Bigfoot* and others. The Hudson Valley UFO incidents became internationally known and have been featured among the Top 10 on the History Channel's *Ancient Aliens* TV show.

Indigenous cultures are honored in detail throughout the book, as Dr. Matthews describes gathering material from tribal descendants, interviewing many first-hand sources. The book also chronicles the early geologic history of the Hudson Valley, making it hard to put down. Uniquely, the book explores a wide range of paranormal phenomena, including ghosts, UFOs, strange folklore, and cryptids, rather than focusing on just one.

As Dr. Matthews writes: "Many people have had expe-



"*Mysterious Beauty*" explores how paranormal experiences have shaped lives in New York's Hudson Valley.

riences they can't explain," and those experiences have often caused deep, lasting changes in those individuals. It was this transformational impact — a shift in how people saw the world — that partly inspired her to write the book, as she had a "sense that something important was going on with the paranormal and these reports are important to study."

'Ghosts in Residence: Stories From Haunted Hudson Valley' by H.A. von Behr

With a foreword by family friend, the late Roderic Blackburn of the Albany Institute of History and Art,

Ghosts in Residence is a long-standing and much-beloved book, originally published in 1986, about haunted houses in upstate New York. As Blackburn stated, “These valleys are the longest settled rural places in New York with the reoccurrence of inexplicable phenomena.”

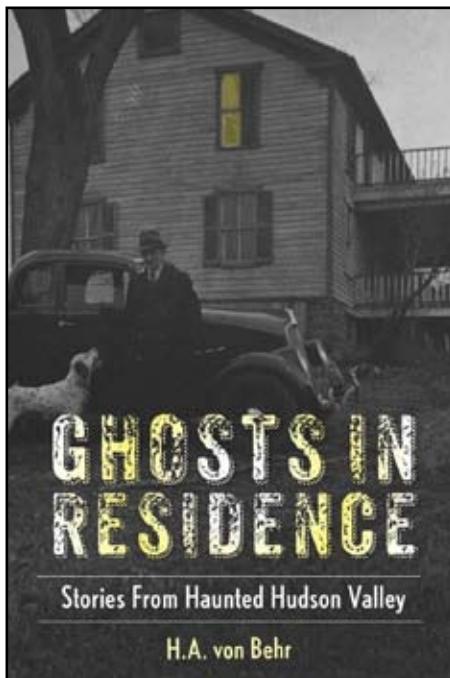
The author wrote his book much later — after buying his weekend home in 1920 in Old Chatham as a retreat from the hectic pace of New York City. His own haunted experiences would come much later than those of his many guests. Some visitors never returned after a first stay, with a few leaving in the middle of the night after encountering apparitions and unexplained noises.

One of the most commonly reported figures was a woman in white, seen in the room where Mary Chase had died in the 1800s. The author also let friends and acquaintances stay in the home while he was away, only for them to leave abruptly. One guest reported seeing the figure of an old sea captain, a

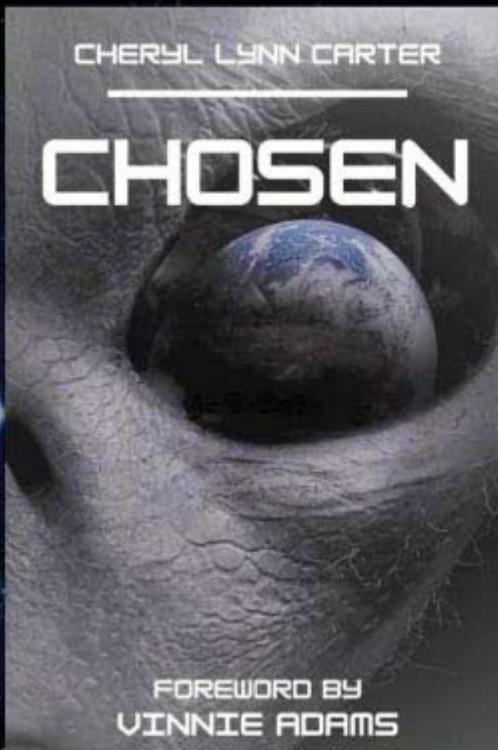
vision later supported by neighbors who recalled that such a man had once lived nearby.

Further eerie detail is added through von Behr’s account of a local doctor who, in the 1930s, claimed to have seen the coffin of Caroline Sutherland Layton, a young woman who died in 1857. Her coffin, featuring a glass pane (which was popular at the time), reportedly revealed her body to be inexplicably well-preserved, with her face appearing serene and lifelike. This chilling account underscores the region’s long-standing reputation for the uncanny.

To quote Matthews, author of the first book profiled in this article: “Ghosts in Residence is also a contemplative love story expressing the mysteries of life, death, and the unknown in the Hudson Valley.” Ghosts in Residence is a fascinating book written in a bygone era, chronicling the many hauntings within the author’s home and across the region. ♦



“Ghosts in Residence” recounts eerie encounters and enduring hauntings in a historic Hudson Valley home.



ARIEL SCHOOL
FALCON LAKE
PASCAGOULA
RENDLESHAM FOREST
MARIO WOODS

FROM HAUNTED HALLS TO STREAMING SCREENS

GAVIN AND PAULA KELLY'S PARANORMAL JOURNEY

By Cheryl Knight-Wilson

When we last caught up with Gavin and Paula Kelly, it was January 2017. At the time, the couple and their team, Phantasmic Ghost Hunters, were making waves with raw, boots-on-the-ground investigations and an unfiltered passion for uncovering the unknown.

Nearly a decade later, Gavin and Paula are still deep in the field, but their reach has grown exponentially. Together, they've built a full-blown paranormal media powerhouse, forged from the ground up with grit, vision, and a commitment to authenticity. Their mission has never been about chasing clout — it's about chasing truth, capturing evidence, and welcoming others to witness the process alongside them.

At the helm of In the Shadows Entertainment Group, the duo now produces multiple streaming series, including *Truth or Legends in Your Hometown*, with more on the way, including the series *UNNATURAL*. With over 125 haunted locations investigated, dozens of teams collaborated with, and cutting-edge gear in their arsenal, they're redefining what it means to be modern paranormal investigators while balancing authorship, conventions, and indie filmmaking without the backing of a major network.

For Gavin and Paula, this new chapter isn't about spectacle for spectacle's sake. It's about restoring integrity to the field — calling out performative ghost hunting while spotlighting real technique, real history, and real people. Gavin's books, *Ghost Hunting: Sensationalism in Social Media* and *The Ghosts We Make*, unpack the psychology behind the paranormal and challenge audiences to consider how belief, bias, and narrative shape the unexplained. The goal? To captivate, yes — but also to raise the bar.

In this Q&A, Gavin talks candidly about what's changed since his last *Paranormal Underground* magazine interview, how filming for TV compares to off-camera investigations, and why collaboration and community



Paranormal power duo Paula and Gavin Kelly, co-founders of In the Shadows Entertainment Group, continue to blend haunted history with modern media through their nationwide investigations, streaming series, and original film projects.

remain central to his work. He also shares chilling memories from his most intense cases and teases what's next, including two new paranormal series.

* * * * *

Q: We last talked with you in 2017. What has been going on with you and Phantasmic Ghost Hunters since then?

Gavin: Wow, time flies, doesn't it? Since 2017, we've stayed pretty busy traveling the country and investigating haunted locations coast to coast.

We've even added a new twist to our investigations — events where other investigators can tag along and be filmed with us during the initial investigation. It gives viewers of our media a fresh perspective on how different teams investigate, and it's been a great way to bring the community together.

Q: Has anything changed in your viewpoint of the paranormal since we last talked to you? How have your investigation techniques evolved over time?

Gavin: The biggest shift in my perspective has been about the online side of things. Honestly, it's frustrating to see how some YouTubers, who once had stale content, jumped into the paranormal field just for the views — and the cash. They saw it booming and turned it into a spectacle, not something authentic. Some locations even changed their names just to draw these influencers in. It's disappointing.

On the brighter side, our investigation techniques have come a long way. We're now sponsored by [Ghost Gear Tech](#), and their equipment has truly elevated our investigations. We use their EPOCH Box 1 for yes/no responses, EPOCH Box 2, which actually talks, the Piccolo (a shadow detector and music box), and the PhanTune, a 360-degree shadow detector. These tools help us capture things we can't see with the naked eye — and the results have been phenomenal.

Q: What can you tell us about your show, *Truth or Legends in Your Hometown*, which is currently available on streaming?

Gavin: *Truth or Legends in Your Hometown* has been such an exciting project. We worked with 28 teams across 20 states, and each team got four locations to investigate. After they collect their evidence, we travel to them to film interviews, fly drones for aerial B-roll, and shoot the big reveal.

It's sort of like a "round table" — they present audio, video, and photo evidence, and we go over it together.



Paula and Gavin Kelly celebrate Gavin's recent graduation from Full Sail University, where he earned a bachelor's degree in digital cinematography.

Then, with all the historical documents in hand, they decide whether to close the case as "Truth" (haunted) or "Legend" (just a story). Season 1 featured 6 teams, Season 2 (currently in post-production) has another 6, and we're gearing up to film Season 3 later this year. You can watch it now on Amazon Prime and RokuTV!

Q: What was it like to work with such a large variety of other paranormal groups on the show?

Gavin: It was honestly one of the best parts of the project. Every team has their own style and techniques, and we learned so much from each other.

What I appreciated most was that not every situation was chalked up to the paranormal — many things were explainable. We've built lasting friendships with several teams and most of them are eager to come back for more episodes. We just need to visit the other states first before circling back!

Q: Looking back on the hundreds of haunted locations you've investigated, do any stand out as particularly unforgettable or surprising?



Gavin and Paula bring their shared passion for the paranormal to every investigation, blending on-the-ground research with on-screen storytelling

Gavin: Without a doubt, The Industrial Slaughterhouse. That one was intense. I was attacked there, and the details ... well, let's just say it would take a few pages to really get into it. But in short, we had to cleanse the place. Once we did, things calmed down considerably. It's definitely an experience I won't forget.

Q: What are some of the other paranormal TV shows you are working on?

Gavin: We've got quite a few in the pipeline! One of our newest is *Abandoned Paranormal ROADTRIP*. We explore old movie sets, TV show sets, and abandoned buildings — more urban exploration style. If something paranormal happens, we pull out the gear and investigate.

So far, we've visited the Salem TV set in Shreveport, LA, the *Patriot Games* and *Big Fish* movie sets, and even an abandoned hospital in Champaign, IL. We've captured some crazy things, like shadow figures and disembodied voices. It's been both eerie and exciting.

Q: In one of your shows, *The Paranormal Journey: Into the Unknown*, you investigated Brushy Mountain Penitentiary, which closed in 2009. What were some of the challenges of working at such a remote location?

Gavin: Brushy Mountain was wild. First off, it's massive — and dark. The only electricity is at the front, where you can set up basecamp. The cell blocks and Death Row are pitch black. Paula actually had a rock thrown at her in the cell of the red-headed killer, and I was grabbed and pulled in Death Row.

Our devices were going off constantly, even with no power in that section of the prison. Then there was the hospital wing — it was dead silent ... until a bat flew out and Paula screamed. I made for the exit just as the door opened on its own. Yeah, that didn't help the situation at all!

Q: What is the focus of the various projects you are working on? Is it to research the paranormal, to entertain the audience, or a combination of the two?

Gavin: It's definitely a combination. We aim to entertain, of course, but we also want to shed light on real investigative techniques and bring historical context to these haunted places. We want viewers to think, not just watch jump scares.

Q: What is the main difference with an investigation done for a TV show as opposed to one that is not?

Gavin: Great question. TV investigations — especially for networks — get a full week at a location. Paula and I usually only get 24 hours. That's not much time, and sometimes we walk away without much activity. But that's the reality of ghost hunting — spirits don't work on a schedule.

If we don't get evidence, we focus more on sharing the history and drawing viewers in that way. We're lucky, though, because sometimes we strike gold with the evidence we collect, even in that short window.

Q: Since we last spoke, you and Paula have both become published authors. Can you tell us about your books and what inspired you to write them?

Gavin: Paula has two books: *Ghostly Tales of McCracken County* and *Ghostly Tales Along the Ohio River*. She dove into the haunted history of her hometown and beyond. Each location we've personally investigated, and she included accounts from multiple teams to see if experiences matched up. It's been a rewarding project for her.

As for me, I've written *Ghost Hunting: Sensationalism in Social Media*, which critiques how social media has warped the field. I call out the cash-grabbers (without naming names — for legal reasons), and since the book

came out, some of them have actually disappeared. I like to think I helped clean up the field a little. My second book, *The Ghosts We Make: Exploration of the Power of Suggestion*, dives deep into how the human mind can influence paranormal experiences. I discuss dowsing rods, Ouija boards, and more. Both of my books are available on Barnes & Noble's website.

Q: Do you have any upcoming paranormal investigations?

Gavin: We sure do! We're finalizing an event at an old brothel in Illinois. We've invited 10 investigators to come along. Whenever we post these filming opportunities, we get bombarded with interest — it's amazing.

Beyond that, we've got a packed year ahead with 10 paracons and horror conventions. I'm also the director of photography for a Western movie shooting in April, and we're working on a new sci-fi show called *The Horizon*. So, it's a full schedule, and we wouldn't have it any other way.

* * * * *

Find out more about Gavin and Paula Kelly at their [website](#) and [YouTube](#) pages. ♦



Whether exploring haunted asylums or directing behind the scenes, Gavin and Paula continue to push the boundaries of paranormal investigation and indie production as a creative team both on and off camera.



TEPS PODCAST

THE EVERYTHING PARANORMAL SHOW

LIVE Every Thursday Night
9 pm Eastern



THE SECRET LIFE OF HAUNTED OBJECTS

WHEN POSSESSIONS BECOME THE POSSESSED

BY CHAD WILSON



Annabelle, a seemingly innocent Raggedy Ann doll, became infamous after the Warrens declared it a vessel for a demonic entity.

In the realm of the paranormal, few phenomena provoke as much enduring fascination as haunted objects. Whether antique dolls, mirrors, jewelry, or furniture, certain items have earned reputations as vessels of supernatural activity. The stories surrounding them often include apparitions, misfortune, or physical harm to those who encounter them. But how do these inanimate items come to be “possessed”? And what can their presence teach us about belief, folklore, and the unseen?

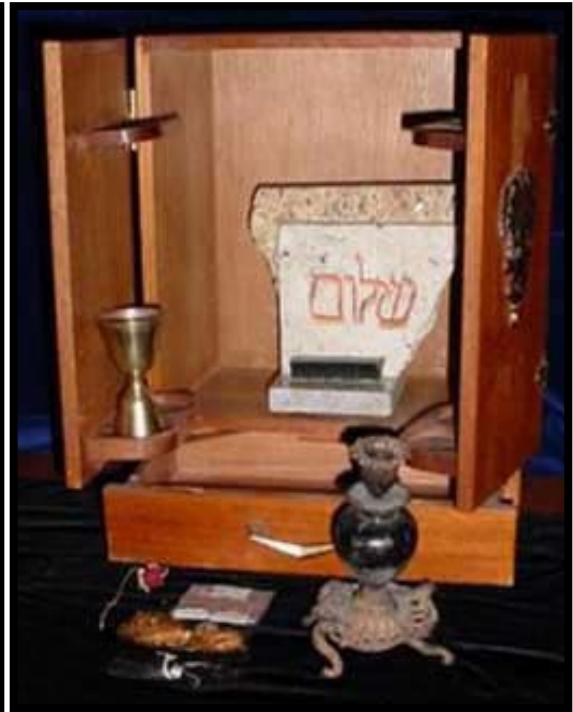
This Special Report explores the lives of some of the most infamous — and some lesser-known — haunted objects. From the glass cases of paranormal museums to the hands of everyday collectors, these artifacts offer more than chills: They challenge the boundaries between material and spiritual worlds.

Annabelle: The Doll That Started It All

Arguably the most famous haunted doll in the world, Annabelle, currently resides in a locked case at the now-closed Warren’s Occult Museum in Monroe, Connecticut. Her story entered the public consciousness through films, but the real object is a simple Raggedy Ann doll, given to a nursing student named Donna in 1970.

According to reports collected by the late Ed and Lorraine Warren, the doll began moving on its own and leaving cryptic messages written on parchment. A psychic medium initially claimed the spirit of a young girl named Annabelle Higgins was inhabiting the toy. However, the Warrens concluded it was actually a demonic entity using the doll as a conduit.

They arranged for its removal and containment, doc-



The Dybbuk Box began as a chilling eBay tale, but even after its creator admitted some of the lore was fiction, strange events around it continued to fuel its haunted reputation.

umenting the case in their files and lectures. Annabelle remains a staple in discussions of spiritual attachment.

Robert the Doll: Florida's Most Cursed Tourist Attraction

Robert is a 40-inch doll stuffed with wood wool, dressed in a sailor's suit, and originally gifted to Robert Eugene Otto in the early 1900s. The boy — later a painter — named the doll after himself and was reportedly so attached to it that he blamed misbehavior on "Robert" well into adulthood.

Now displayed at the Fort East Martello Museum in Key West, Florida, Robert has developed a reputation for mischief. Museum staff and visitors report cameras malfunctioning in his presence, and those who mock the doll often write letters of apology after experiencing bad luck. The museum has collected hundreds of such letters over the years.

The Dybbuk Box: Internet Urban Legend or Spiritual Menace?

Perhaps no object exemplifies modern haunted folklore like the Dybbuk Box. The small wine cabinet was listed on eBay in 2003 by Kevin Mannis, who claimed it was haunted by a dybbuk — a malicious spirit in Jewish folklore. The listing included vivid descriptions of illness, nightmares, and paranormal events befalling those who came into contact with it.

The story gained traction, especially after it inspired

the 2012 horror film *The Possession*. However, Mannis later admitted in an interview with *Input* magazine that the original listing was a creative writing experiment. Despite this, those who owned the box after him reported unexplained phenomena.

The Dark Mirror: A Portal to Nowhere?

Housed in the Traveling Museum of the Paranormal and the Occult, the Dark Mirror is a black scrying mirror allegedly linked to disturbing visions. Visitors have reported seeing their reflections distorted, blood-covered, or replaced by other faces entirely. Some have fainted. Others have claimed to experience lingering unease or nightmares.

Greg and Dana Newkirk, the curators of the museum, maintain that the mirror is one of their most active objects. They insist it functions not as a portal to spirits, but as a psychological trigger — a tool that reveals something hidden within the viewer.

The Conjured Chest: A Southern Curse Carved in Wood

One of the most chilling and lesser-known haunted items is the Conjured Chest, currently housed at Kentucky Historical Society in Frankfort, Kentucky. Crafted by an enslaved man named Remus for his owner, the chest was allegedly cursed after Remus was beaten to death for not completing it quickly enough. From the 1800s onward, deaths followed those who placed their clothing in it.



Said to be cursed from the moment of its creation, the Conjured Chest is blamed for a string of deaths tied to anyone who stored clothes inside.

By the 1930s, it had allegedly claimed over a dozen lives. Eventually, a relative had the chest “cleansed” by a spiritual practitioner and donated it to the museum, where it remains behind glass — with clothing stored elsewhere, just in case.

Why Do Objects Become Haunted?

Throughout history, people across cultures have believed that physical objects can harbor unexplained energies, emotions, or even entities. These beliefs often arise in response to unsettling experiences — a cherished heirloom that brings misfortune, a found artifact that triggers disturbing dreams, or a toy that seems to move on its own. While skeptics view these reports as coincidence or imagination, paranormal investigators suggest deeper metaphysical mechanisms may be at play.

Theories about why objects become haunted fall into a few main categories:

1. Spiritual attachment: Spirits bond to objects they valued in life or that were present at the time of death. This theory suggests that the emotional or personal significance of an item can create a tether between the spirit world and the physical object, particularly if the spirit has unresolved ties or unfinished business.

2. Residual energy: Objects can retain a kind of psychic “recording” of traumatic events or emotions. Much like a tape replaying a moment in time, this energy doesn’t involve a conscious entity, but can still cause disturbances

or sensations perceived as paranormal activity. High-emotion environments — such as battlefields or places of sudden death — are believed to imprint more strongly.

3. Intentional enchantment: Curses or rituals deliberately imbue an object with a metaphysical charge. These objects may be hexed as acts of revenge, bound to spirits through ceremonial magic, or used as vessels in occult practices. The intention behind the ritual — and the belief invested by those involved — are considered essential to the object’s lasting potency.

Psychometry, the belief that people can perceive information through touch, plays a key role in how paranormal investigators evaluate these items. While not scientifically proven, it remains a commonly referenced ability among sensitive individuals.

Greg and Dana Newkirk argue that how an object is treated — whether feared, mocked, or respected — can influence the energy it gives off. Their Traveling Museum encourages respectful, conscious interaction over sensationalism.

Handling the Haunted: Museum Ethics and Protocols

Museums that house haunted artifacts often establish strict handling rules. The Warren’s Occult Museum (now closed to the public) kept its most dangerous items, including Annabelle, behind blessed glass cases. [The Museum of Shadows](#) in Nebraska stores hundreds of items that visitors are instructed not to touch.

Curators must also balance belief and skepticism. Some institutions openly embrace the supernatural narrative. Others, such as the Kentucky Historical Society, frame stories through a cultural lens, focusing on folklore while taking care not to sensationalize. These policies reflect a wider debate in the paranormal field: Should haunted objects be exposed, studied, or hidden away?

Conclusion

Haunted objects lie at the crossroads of belief, history, psychology, and folklore. Whether genuinely touched by supernatural forces or shaped by the power of human suggestion, they endure in public consciousness as icons of the unexplained. Some are feared, others mocked — but all are approached with caution.

Perhaps what makes them most compelling is their duality: Each is ordinary in form but extraordinary in impact. A doll, a mirror, a chest — these are things we live with every day. And yet, in the right conditions, they become something else entirely.

In the end, haunted objects are more than the sum of their parts. They are storytelling devices, cultural artifacts, and for many, real reminders that the line between the living and the dead is not as fixed as we might hope. ♦

PARANORMAL UNDERGROUND®

Magazine

Get Your FREE 12-Month PDF
Subscription Today!

Read About Ghosts, UFOs, Cryptids, Metaphysics,
Psychic Phenomena, Case Files & More!



Subscribe For Free Today At:

www.paranormalunderground.net

5 UNBELIEVABLY CREEPY HAUNTED LOCATIONS IN NEW HAMPSHIRE

BY KELSEY CHRISTINE MCCONNELL, THE LINEUP



At the Omni Mount Washington Resort & Spa, guests report sightings of Carolyn Stickney's elegant ghost and, more chillingly, the spectral bride Princess Saco, who is said to haunt the hotel with a centuries-old curse.

New Hampshire is a beautiful place, full of remarkable granite formations and vibrant local wildlife. From mountains to the sea, it has every geological wonder you could hope to see. It's also a place of some pretty interesting history. The first colony to declare independence during the American Revolution, it's also where the first presidential primary takes place in every U.S. election cycle.

But for the paranormal junkies out there, you might be a little bit more interested in some of its darker histories. And we all know that some figures don't like to be forgotten.

From an iconic cemetery to a tragic road, here are five of the most haunted places in New Hampshire!

1. Colonial Theatre (Laconia, New Hampshire)

Erected in 1914, Laconia's Colonial Theatre is now a historic landmark. These storied walls have hosted every-

thing from movie screenings to vaudeville acts. But perhaps to some, the most interesting thing it's ever hosted is a roster of ghosts.

Theatre employees and guests alike have reported strange activity inside the building, including objects moving on their own, inexplicable running footsteps, disembodied voices, and other strange noises. In the projection room, an eerie presence can be felt. It's here that you're most likely to hear the ghostly creaking of floorboards.

Additionally, a sinister male aura lingers behind in the balcony, and the only thing that can calm him is the sounds of acoustic guitar.

2. Pine Hill Cemetery (Hollis, New Hampshire)

Pine Hill Cemetery was opened in 1771. As beautiful as this burial ground is, it's more notable for its eerie paranormal activity — and even eerier nickname. Dubbed

by many as “Blood Cemetery,” the gruesome title doesn’t actually stem from a brutal act of violence in the ground’s past. In fact, it comes from a man named Abel Blood, who has been interred here since 1867.

Those who once visited Abel’s grave swear that the finger carved into his headstone changes direction, pointing upwards toward Heaven during the day and down toward Hell at night.

Unfortunately, the headstone is no longer standing, as it was broken by vandals. That doesn’t mean the eerie activity has stopped. There are numerous reports of strange behavior in technology — cameras not working, car radios switching on their own, gas gauges moving.

Visitors who pass through the cemetery might also catch sight of floating orbs of light or inexplicable tapping noises. If you’re lucky, you might even see the ghost of Ocean-Born Mary, who you’ll learn more about below.

3. Ocean-Born Mary House (Henniker, New Hampshire)

This aptly named house is said to be haunted by the ghost of a woman named Mary Wallace, who was born aboard a ship traveling across the Atlantic Ocean during a storm.

Legend states that Mary’s parents were on their way to America when their ship was overrun by pirates. The pirate captain swore to spare the lives of those on the ship if one of the women gave birth and named their daughter after his late mother, Mary.

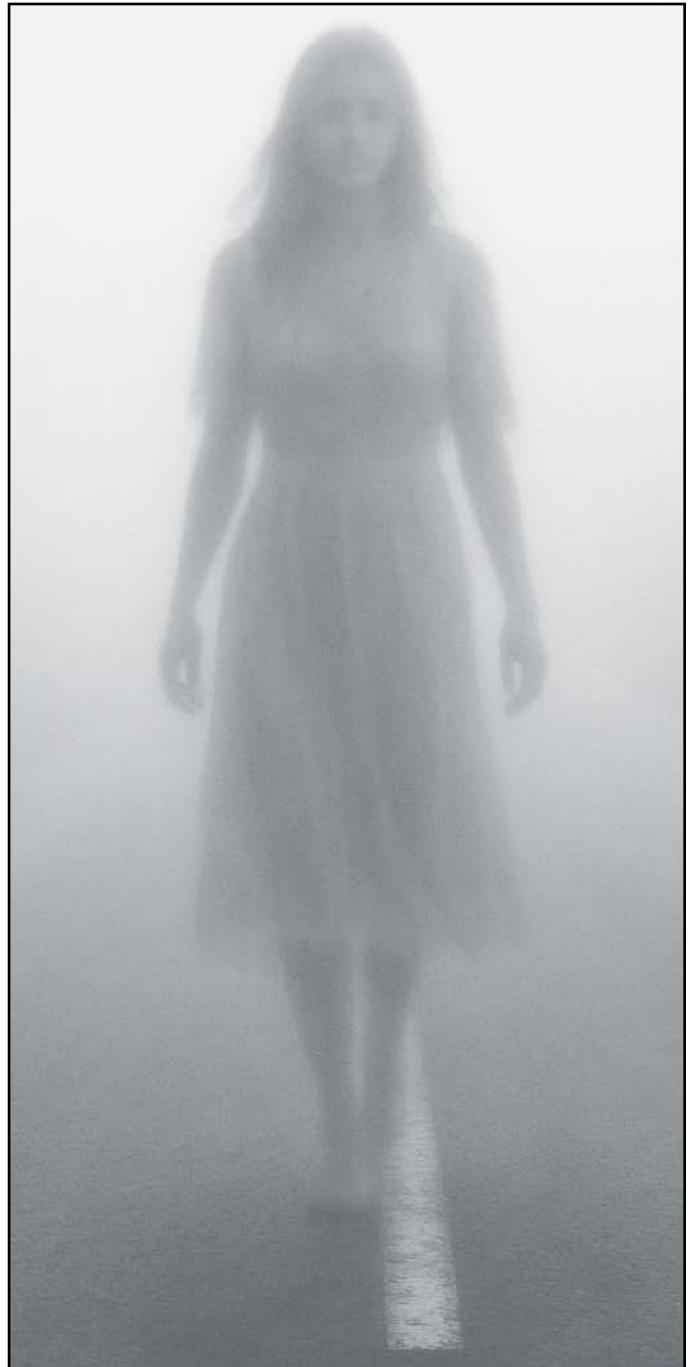
Mary’s family then settled in New Hampshire, where Mary grew up and lived until her peaceful passing. Her husband’s passing was allegedly not so peaceful. Widowed at a young age, it’s said that Mary discovered the murdered corpse of her own husband. After the jarring discovery, she chose to bury him beneath the hearthstone in her kitchen.

Mary herself was buried in Pine Hill Cemetery, and it’s said she can be spotted there sometimes when she’s not roaming through her old house. Visitors to the home claim to have seen her standing at one of the upstairs windows. When you enter the home, she can also be seen lingering on the main staircase.

All who encounter her spirit report that they feel no ill will from the ghost. They report that they get the impression she’s simply protecting her home.

4. Island Path Road (Hampton Beach, New Hampshire)

This scenic stretch of road twists along the coast, offering travelers breathtaking views of the Atlantic Ocean. But it may be as haunted as it is beautiful.



Goody Cole, accused of witchcraft in 1656, is said to still roam Island Path Road as a misty apparition.

One pair of ghosts that haunt this stretch of road are two lovers. The couple was said to be on a romantic walk when a brutal storm rolled in. The lovers found shelter in a cave near the road, but the rough waves swept in and drowned them. Now their apparitions can be seen walking hand-in-hand along the road.

As tragic as that story may be, it gets worse. The most famous ghost on this trail is that of Goody Cole, who was accused of witchcraft in 1656. It was believed that she had



The Colonial Theatre's balcony is said to harbor a dark male presence soothed only by the sound of acoustic guitar.

cursed a group of sailors who later died at sea.

Though she was charged a fine rather than executed for this supposed crime, she spent the rest of her days being a subject of hatred and suspicion. When she died years later, the locals dug up her grave to drive a stake through her heart.

Cole lived on Island Path Road, and now she remains to haunt it. Visitors report seeing a foggy apparition of a woman walking along the road, as well as strange sounds and moving objects.

5. Omni Mount Washington Resort & Spa (Bretton Woods, New Hampshire)

The Omni Mount Washington Hotel & Spa opened in 1902. At the time, it was the largest wooden building in New England – a labor of love by industrialist Joseph Stickney. Unfortunately for Stickney, he passed away less than a year after seeing his hotel open. You may be surprised to learn that it is not his spirit that still walks the halls of the hotel. It's actually his wife, Carolyn.

After Carolyn passed away in 1936, staff began noticing some unusual activity. During the winter, caretakers

claimed to have spotted an elegant woman striding into the dining room. They also noticed lights all over the hotel would turn themselves on and off. Footsteps echo through empty corridors, and disembodied whispers drift from behind closed doors.

When the summer staff came back, the group of them posed for a photograph. To their shock, the picture showed the image of a woman's shadowy figure staring at them through the window.

To those hoping to get a scare when they visit, Carolyn's old room is reported to be the most haunted. She probably still feels at home here, considering her original four-poster bed still remains in the room.

There's also a much darker legend tied to the haunting of this hotel. It's said that it was built upon cursed Indigenous land, and that all who disturb it suffer the consequences. Guests claim they've heard ancient chants and encountered apparitions in their rooms.

The most notable apparition is that of Princess Saco, a Native American princess who cursed the land in response to being betrayed by her lover. She can be seen walking through the hotel in her wedding dress.♦

THE LINEUP

We keep it creepy.

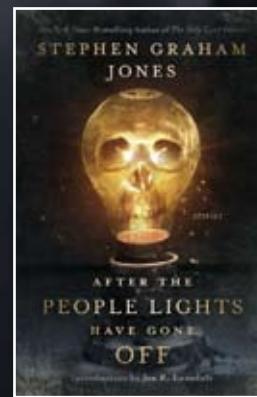
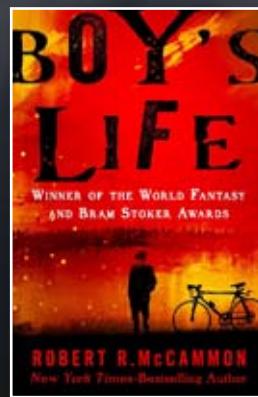
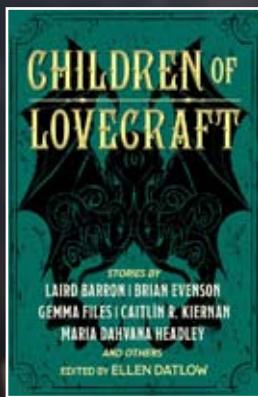
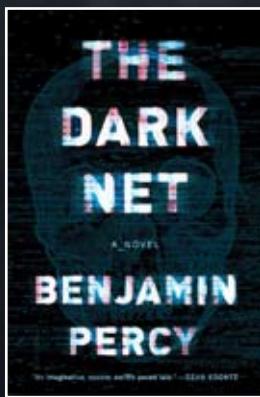
Whether it's **the latest Stephen King book**, a collection of **under-the-radar horror movies**, or an **unsolved case** that's still haunting us 50 years later, we're dying to share our latest dark obsessions with fellow enthusiasts.

Sign up for *The Lineup*'s newsletter, and get **terrifying movie, TV, and book recommendations** delivered straight to your inbox.

PLUS, you'll receive **exclusive eBook deals** from Stephen Graham Jones, Elizabeth Hand, Gemma Files, Ellen Datlow, Robert McCammon, Ronald Malfi, and MORE.



Join us...if you dare.



MURDER, ALIENS & UNDERGROUND BASES

The Extraordinary Claims of Phil Schneider

By Maxim W. Furek

Philip Schneider's narrative reads like a John Grisham thriller, replete with villains, dead bodies, and underground military complexes housing extraterrestrial biological entities.

Schneider revealed it all on September 22, 1995, while participating in the Orange County, California, annual Preparedness Expo, a convention attracting those convinced that the deep state is involved in horrible projects leading to ultimate domination of our planet. Schneider described himself as an engineering school graduate with geological and structural engineering expertise. Both, he claimed, had military and aerospace applications.

"I have helped build two main bases in the United States that have some significance as far as what is called the New World Order," said Schneider. "The first base is the one at Dulce, New Mexico."

Schneider was invited to speak at the Preparedness Expo by Al Bielek, a controversial figure known for his stories about the Montauk Project, time travel, and the Philadelphia Experiment. Bielek and Schneider were acclaimed cognoscenti who shared a fantastic commonality. Bielek claimed he served aboard the *USS Eldridge* as an engineer and pulled the switch that triggered the 1943 Philadelphia Experiment. Their partnership added a surreal layer of credibility to an already unbelievable narrative, blending science fiction with alleged firsthand testimony. However, for Phil Schneider, the Philadelphia Experiment was more like a family affair, with vestiges of nepotism and World War II intrigue.



Phil Schneider was a geologist and whistleblower who claimed to survive a secret underground battle between U.S. forces and extraterrestrials.

Captain Otto Oscar Schneider

Schneider's bizarre story unraveled in layers of paranormal fascination and disbelief. He maintained that his father, Captain Otto Oscar Schneider, was a captured Nazi U-boat commander repatriated to the U.S. Naval Intelligence. He said his father fought as a U-boat captain on both sides during World War II.

After being captured, Otto was assigned to military experiments, working on the atomic bomb and the H-bomb, ultimately leading to his assignment on the *USS Eldridge*, where he participated in the Philadelphia Experiment.

When Otto Schneider died, he left documents and photographs in the basement proving his involvement in the Philadelphia Experiment and Operation Crossroads (U.S. nuclear weapon tests). These documents included letters from the 1940s and 1950s showing that Otto helped isolate the Philadelphia Experiment crewmembers and that he later autopsied them.

New World Order

But Phil Schneider's program at the Expo, titled "Secret Underground Bases and the New World Order," was one of the most controversial revelations since Roswell. For the last two years of his life, Schneider toured the U.S., giving over 30 lectures about the government's covert activities and black ops cover-up.

Schneider revealed that he had actively participated in the Dulce base project, a jointly-operated human and extraterrestrial underground facility existing under Archuleta Mesa on the Colorado-New Mexico border. The audience was transfixed.







"There's a war under there, and it's been going on since that time, and I'm dead serious," Schneider said, adding that information about aliens is kept well hidden from the public and that the U.S. military has known about alien presence dating back to 1909.

Others had spoken out about the secret underground base. Greg Bishop's 2005 book, *Project Beta: The Story of Paul Bennewitz, National Security, and the Creation of a Modern UFO Myth*, told the story of Albuquerque businessman Paul Bennewitz, who made bizarre claims of alien abductions near Dulce but is believed to have been fed disinformation by William Moore, author of *The Philadelphia Experiment: Project Invisibility*.

In July 1999, the French government published a report by the Institute of Higher Studies for National Defence titled "UFOs and Defense: What Must We Be Prepared For?" The independent study by the French association COMETA concluded that the U.S. government is withholding evidence of UFOs.

Schneider alleged that the New World Order was collaborating with extraterrestrials and called for the govern-

ment to be more transparent about their knowledge of alien life. He presented physical evidence of exotic metals, artifacts, and photographs to validate his claims.

DUMBS

Schneider used the military acronym "DUMBS" for the deep underground military installations he was helping to construct, sometimes drilling two miles every day. The U.S. government recruited Schneider as a geologist and explosive engineer with high-level security clearance, assisting a team working on expanding an underground military base near the small town of Dulce, New Mexico. The Dulce installation, located beneath the tribal headquarters of the Jicarilla Apache Nation Reservation, is a remote village with just under 3,000 population.

Schneider became suspicious of the engineering operation after noticing the presence of Green Berets and Special Forces and questioning why there was such a strong military presence.

Schneider angrily said, "The United States government lied and did not tell us anything about the alien threat."

He discovered that the Dulce Base was one of many such installations and saw a secret list of 129 DUMB bases. These military units are hidden from the public because they were concealed within the secretive Black Budget, accounting for 25% of the gross national product. Each DUMB unit costs \$17 billion or more. He estimated nearly 1,500 similar facilities worldwide, all connected by magneto-levitation trains that could reach speeds up to Mach 2.

The Greada Treaty

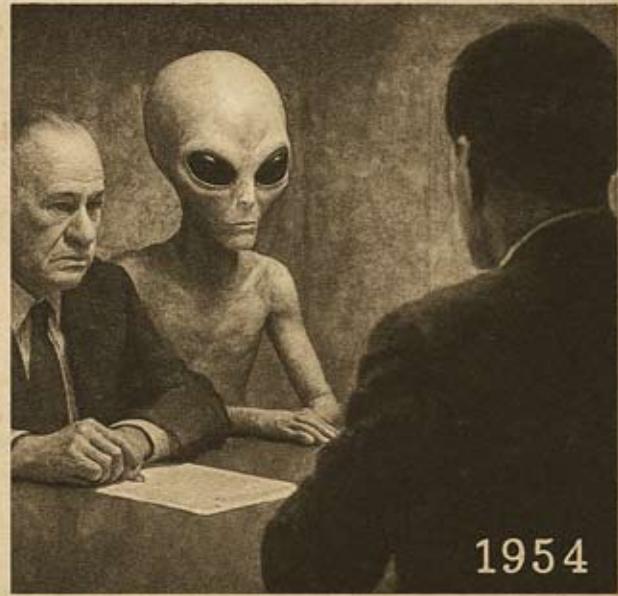
Schneider's story was compelling, although unsubstantiated. He said that in 1954 the Eisenhower administration circumvented the *Constitution* when it made a treaty with alien entities. It was called the Greada Treaty, allowing the aliens to capture a small number of cows and test their implanting techniques on a few human beings. The aliens agreed to provide information about the people who had been abducted, but that plan backfired, according to Schneider:

"Slowly, the aliens altered the bargain until they decided they wouldn't abide by it at all. Back in 1979, this was the reality, and the firefight at Dulce occurred quite by accident," Schneider said. "I was involved in building an addition to the deep underground military base at Dulce, which is probably the deepest base. It goes down seven levels and is over 2.5 miles deep. At that particular time, we had drilled four distinct holes in the desert, and we were going to link them together and blow out large sections at a time."

TOP SECRET

THE GREADA TREATY

**TREATY MADE BETWEEN
THE UNITED STATES
OF AMERICA AND
EXTRATERRESTRIAL ENTITIES**



Because the massive drill bits broke regularly, the team decided to investigate what was causing the damage. One suggestion was that explosives work better than traditional drilling techniques. Schneider's job was to descend into an exploratory shaft and evaluate the rock layers below the surface to determine the types of explosives needed.

He was dressed in a protective suit and headed to the bottom of the shaft, over two and a half miles below. He was armed with a Walther PPK semi-automatic pistol with a nine-shot clip. A team of armed Green Berets accompanied him:

"When I saw Green Beret and Black Beret people encamped inside our geological camp, I knew something was up. The gig was up," Schneider said.

Suddenly, as he turned a corner, he came face to face with three humanoid aliens. They appeared gray and clammy, with oversized heads and large black eyes. Two were short, perhaps four feet tall, while the third stood over seven feet tall. A [Universe Inside You video](#) revealed:

As the creatures began moving towards him, Schneider panicked and drew his pistol, firing quickly

at the two smaller creatures and killing them. Just then, the large creature motioned its hand in a circle and out shot a blue beam of light. The beam hit Schneider, knocking him flat on his back, cutting open his stomach, and blowing off three of his fingers in the process. The creature moved towards Schneider as if to finish him off when all of a sudden, a team of

Green Berets, stirred by the sound of gunshots, came barreling around the corner, weapons drawn.

Schneider's recollection of the firefight alleged that his team entered a cavern inhabited by a group of large extraterrestrial Grays:

"I shot two of them. At that time, there were 30 people down there," he said. "About 40 more came down after this started, and all of them got killed. We had surprised a whole underground base of existing aliens. Later, we found out that they had been living on our planet for a long time, perhaps a million years. This could explain a lot of what is behind the theory of Ancient Astronauts."

During the firefight, 60 members of the elite Delta Force and numerous extraterrestrial biological entities were slaughtered. Schneider said that a seven-foot extra-



terrestrial shot him with a laser device, burning off all the toenails on his left foot and melting his boot.

Schneider was almost killed. He collapsed on the floor, unable to move. A Green Beret dragged him out of the fight and threw him onto the elevator back to the surface, saving his life as the firefight continued. After shooting two aliens, Schneider said, "Yes, they are mortal, and they do die."

At the Preparedness Expo, Schneider showed his injuries to the audience. He claimed that a scar on his chest was from a radiation-weapon blast and, years later, concluded that his cancer was caused by exposure to "cobalt radiation." A scar ran down from the top of his throat to below his belly button. Another scar ran from under his ribs, side to side.

Schneider had a group of supporters who believed his story to be true. According to Universe Inside You:

When hearing it for the first time, the story might seem unbelievable until that moment when Schneider slowly raises his left hand to reveal three missing fingers, giving his words a visceral quality — battle scars. In another interview, he even showed his stomach and chest scars, and he doesn't have any medical history of operations of this sort.

The Death of Phil Schneider

Schneider died in Wilsonville, Oregon. He was in poor health and suffered chronic lower back pain, osteoporosis, and multiple sclerosis. Occasionally, he used crutches, a body brace, leg braces, a bladder bag, a

catheter, diapers, and a wheelchair. Two fingers were missing from his left hand.

On January 17, 1996, less than six months after speaking at the Preparedness Expo, Schneider was found dead in his apartment. He had been missing for nearly a week. At first, the cause of death was said to be a heart attack until the coroner revealed that they had found abrasions on Schneider's neck. It was clear that he had been strangled.

The official story quickly changed — it was not a heart attack but a suicide. According to police, Schneider had wrapped a rubber catheter around his neck and choked himself to death. He was strangled in what looked like a military-style execution. Schneider

was found dead with a piano wire wrapped around his neck. (Some reports said it was a catheter tubing.) All his presentation papers and research vanished.

Schneider's ex-wife Cynthia did not believe his death was a suicide, explaining: "Philip had missing fingers on his left hand and limited motion in his shoulders. I believe that it was physically impossible for Philip to have held the rubber hose in his left hand with missing fingers and then wrap the hose three times with shoulders that had limited motion."

As mentioned earlier, this story is replete with villains and dead bodies. Schneider was especially concerned about the untimely death of his friend Ron Rummel, who, using the code name "Creston," along with Schneider, published *The Alien Digest*. Their stories included articles about aliens using humans for food and recyclable body parts.

After releasing their final issue, Rummel was found dead in a Portland, Oregon, park on August 6, 1993. The police ruled his death a "suicide." It appeared that he had shot himself in the mouth, but Schneider believed that his friend was murdered and decided that it was time to tell the public what he knew.

In his wife's testimony, Cynthia Schneider believed that Rummel's alleged murder was why her husband began to lecture. Schneider didn't want to end up like his friend. He wanted people to know that he wasn't going to kill himself.

Another death that later concerned Schneider was

that of ufological researcher Dr. Karla Turner. She appeared to have been in perfect health with no genetic history of cancers yet died of an unidentifiable cancer on January 10, 1996. Turner had been repeatedly threatened in an attempt to force her to discontinue her research on alien abductions.

She had published three books – *Into The Fringe: A True Story of Alien Abduction*; *Taken: Inside the Alien-Human Abduction Agenda*; and *Masquerade of Angels* – that focused on alien, military, and paramilitary abductions (or MAAR: Malevolent Alien Abduction Research) and how it factored into the power elite's New World Order.

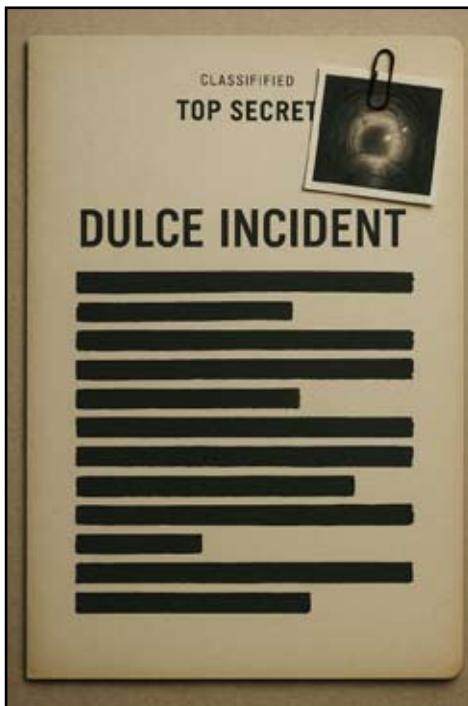
Schneider began speaking out in 1995. He had almost finished his first book, which listed all of the secret DUMBS, complete with longitude and latitudes, and was starting to get noticed. The geological engineer knew he was a target who had made enemies with influential people. Schneider

began all of his speeches by saying, "If they ever say I committed suicide, you will know I was murdered."

He believed people in the CIA were trying to silence him for spreading secrets about their underground military facilities. Perhaps he knew too much; but, to be clear, we may never know.

Schneider said that extraterrestrials had lived on our planet for at least a million years, explaining the popular theory of Ancient Astronauts. Still, his bizarre story has its share of critics. Author and Fortean researcher Lon Strickler observed, "He tells a very good 'story,' but embellishes the facts as is the case in many of his recollections. I'm not saying that he is completely without fact, but it's hard to discern the truth when so much hyperbole is added."

Even among UFO researchers, Schneider's claims remain polarizing – viewed by some as brave testimony, and by others as theatrical disinformation. His legacy sits uneasily between whistleblower legend and fringe mythology. ♦



www.phenomenamagazine.co.uk

AVAILABLE EVERY MONTH AS A FREE DOWNLOAD
ALL BACK ISSUES AVAILABLE

THE GRUNCH

NEW ORLEANS' CREEPY URBAN LEGEND OF THE BAYOU

By Corey Sharer

In the rich tapestry of New Orleans folklore, few urban legends are as eerie and mysterious as that of The Grunch. A chilling tale rooted in the swamps and shadowy corners of southern Louisiana, the legend of The Grunch combines elements of cryptid lore, voodoo mysticism, and rural horror, passed down through generations with each retelling adding a new twist.

Though not as widely known as legends such as Bigfoot or the Chupacabra, The Grunch is a uniquely southern monster with a dark backstory and an enduring presence in Louisiana's haunted folklore.

According to legend, The Grunch originated on the outskirts of New Orleans, in a desolate area known as Grunch Road, near the woods of Eastern New Orleans. The Grunch itself is described as a grotesque, goat-like creature — some say humanoid, others more bestial — with leathery skin, glowing eyes, and sharp claws. It is often said to emit a low growl or screech and moves quickly and silently through the swamplands, preying on livestock and, occasionally, people who venture too far into the woods at night.

There are a few competing origin stories for The Grunch, each contributing to the creature's mystique. One version claims that The Grunch were once a group of outcasts — deformed, albino, or otherwise ostracized individuals — who were forced to live in isolation in the woods. Over time, they supposedly became more animal than human, breeding

with wild creatures until they evolved into a new, terrifying species. Another version, steeped in New Orleans' deep voodoo culture, suggests that The Grunch was created by dark magic, either as a curse or an unholy protector of the forest.

A particularly popular narrative tells of a trap often set by The Grunch: A goat is left injured on the roadside, crying out in distress. When a passerby stops to help the animal, The Grunch emerges from the shadows to attack. This story has become such a well-known part of the legend that it's become a cautionary tale for locals — if you see a goat in distress near Grunch Road, keep driving.

Despite the fantastical elements, the legend of The Grunch reflects deeper cultural fears. The isolation of The Grunch people echoes societal themes of exclusion and fear of the "other." Meanwhile, the creature's association with rural, swampy areas taps into the primal fear of the unknown in the wild.

Today, The Grunch lives on in local lore, late-night campfire stories, and even in haunted tours through New Orleans.

While skeptics dismiss it as pure myth, others swear by sightings or strange occurrences near Grunch Road. Whether it's a cryptid, a metaphor, or a product of the city's rich storytelling tradition, The Grunch remains one of New Orleans' most fascinating and terrifying urban legends — a creature born from the bayou and forever lurking in the fog.♦





YOUTUBE CHANNEL

"Dimensional Walking A Paranormal Journey"

Sasquatch, Dogman, UFOs, Abductions, Hauntings, Aliens, Contact, Portals, Witches, Skinwalkers, and much more!

Rainbow and Michael discuss stories and accounts, getting into the mind of experiencers and abductees.

[WWW.YOUTUBE.COM/CHANNEL/UCI3Dv4rY6SzAyJrOFab21HQ/FEATURED](https://www.youtube.com/channel/UCI3Dv4rY6SzAyJrOFab21HQ/featured)



HALO PARANORMAL INVESTIGATIONS

HALO PARANORMAL INVESTIGATIONS

We have conducted over 1,000 paranormal investigations, including investigating all things paranormal, including spirit activity, UFO and cryptid sightings, and demonic hauntings. We provide evidence to clients as we collect it. We also conduct metaphysical cleansings, Catholic house blessings, and fully submerged baptism (a basic form of exorcism).

IF YOU NEED HELP, CONTACT US ON FACEBOOK

TULPA TWINS

AT THE OMNI MOUNT WASHINGTON RESORT & SPA

By Paul Dale Roberts, Halo Paranormal Investigations



Some calls to my paranormal hotline are strange. Others are downright unforgettable. One that stayed with me came from KiLee Harris, a woman from Maine who visited the Omni Mount Washington Resort & Spa in Bretton Woods, New Hampshire back in 2011.

What she experienced wasn't your typical haunting. It was something a little harder to explain — and may point to the eerie power of the mind itself. It was the kind of encounter that lingers in the back of your thoughts, waiting for you to question whether it really happened at all. You replay it, not to remember it more clearly, but to make sense of how something so fleeting could feel so real.

Before I share KiLee's story, let's set the scene.

A Haunted Legacy in the White Mountains

Built in 1902 by railroad magnate Joseph Stickney, the Omni Mount Washington Resort is a striking red-roofed grand hotel nestled in the White Mountains. The

architecture alone conjures the past — but it's what lingers behind the plaster and mahogany that attracts paranormal investigators from around the country.

The most famous spirit said to walk the halls is Carolyn Stickney, Joseph's wife and later a French princess by marriage. After his death, Carolyn continued to spend her summers at the hotel for decades. Staff and guests say she never really left. Known affectionately as The Princess, she's often spotted in elegant Victorian dress, drifting gracefully through hallways or sitting on the edge of the bed in Room 314, her old private quarters.

Another ghost said to roam the grounds is Charles Cook, a longtime caretaker, often seen in the stables or watching guests in silence before fading from view. Visitors have also reported lights flickering, doors knocking with no one behind them, phantom perfume, and the classic trickster activity of objects vanishing and returning in unexpected places.





Learn Reiki

with
AUTHOR, PSYCHIC
KAREN FRAZIER

AuthorKarenFrazier.com



An Encounter With Something ‘Created’?

KiLee didn’t see the Princess. She didn’t hear ballroom music or smell perfume in the night. Instead, her experience veered into much stranger territory. She claimed to have seen two twin girls staring at her from the end of the hallway. The very same twin girls from the movie *The Shining*.

To her, it made perfect sense. She’d long believed that the Omni Mount Washington had inspired Stephen King’s Overlook Hotel. But that’s not quite true. King famously credits The Stanley Hotel in Estes Park, Colorado, for sparking the idea, while the exterior shots in Stanley Kubrick’s film version came from Timberline Lodge in Oregon.

When I explained that to KiLee, she was surprised — and then intrigued. Because the twins she saw weren’t part of this hotel’s lore. They were fictional characters. Yet she saw them. Clear as day.

When Thoughts Take Shape: The Tulpa Theory

I told KiLee she may have encountered what’s known as a tulpa — a concept from Tibetan mysticism that refers to a being or object created through spiritual or mental power alone. In paranormal circles, a Tulpa can manifest when someone believes so strongly in a figure that it becomes real, at least in a perceptual sense.

There are famous cases. Pulp writer Walter B.

Gibson, creator of *The Shadow*, reportedly projected his character so vividly that visitors to his home claimed they saw the fedora-wearing figure in person. More recently, the internet urban legend Slenderman has been linked to similar thoughtform phenomena.

KiLee had focused on *The Shining* twins so intently — from the moment she booked her stay to the moment she walked those long, echoing corridors — that she may have created them herself.

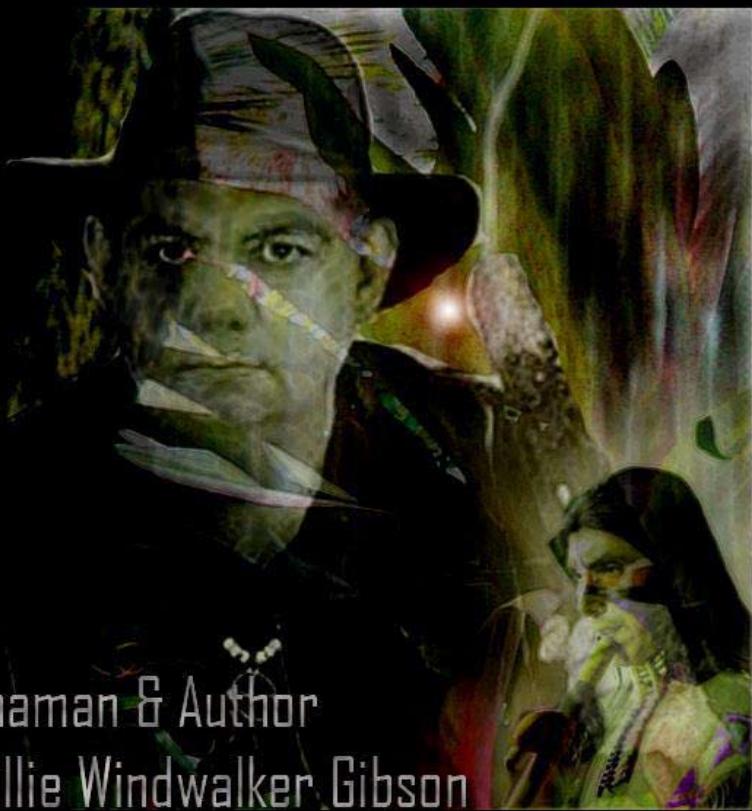
When I asked her if she’d ever seen them again, she said no. Just that one visit. But the experience lingered with her for years, disturbing her enough that she finally called me, seeking some sort of closure.

Haunted or Imagined — Does It Matter?

The Omni Mount Washington Resort is steeped in both history and hauntings — a place where echoes of the past seem to linger in the woodwork. But for KiLee, the most chilling ghost wasn’t one of the hotel’s well-documented spirits. It was something conjured from memory, fear, and belief — a specter born not from the building’s past, but from the dark corners of her own imagination.

Does that make it any less real? Or more terrifying? That depends on what you believe.

Because in the world of the paranormal, the most unsettling encounters aren’t always with what’s already there — they’re with what we bring with us. ♦



Shaman & Author
Willie Windwalker Gibson

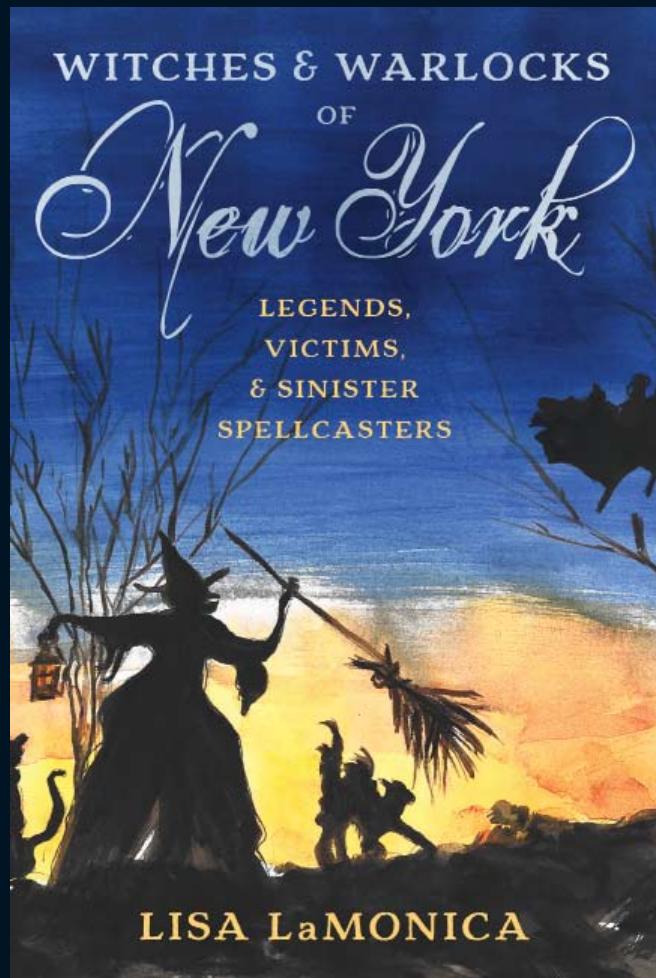
WILLIE WINDWALKER GIBSON
OFFERS READINGS VIA
EMAIL OR BY PHONE.

[EMAIL FOR MORE](#)

INFORMATION:

CRYSTALCHIEF55@AOL.COM

CONNECT ON FACEBOOK TODAY!



New York has a surprisingly rich and lasting history of witches and witchcraft.

"Witches and Warlocks of New York" is a collection of legends and historical accounts about witches and warlocks from the Empire State.

Included are a history and origins of witchcraft in New York State and historical tales of "witches" across the state, including Hulda, the witch who was the origin behind a Brothers Grimm fairy tale and inspired parts of Washington Irving's "Sleepy Hollow." Plus, the Easthampton Witch Elizabeth Garlick, accused and tried 35 years before the Salem witch trials.

Available on Amazon

WHEN THE GHOSTS SPEAK

PARANORMAL ENCOUNTERS IN HISTORIC PENNSYLVANIA

BY WARREN GRAY



The Inn at Ragged Edge (Photos by Warren Gray)

"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science."

— Albert Einstein

My wife and I took a series of short, overnight trips into neighboring Pennsylvania a few years ago, where there was definitely enough history to find paranormal activity in most of the local B&B establishments.

We spent the night of October 9, 2019, at the Jean Bonnet Tavern in Bedford, Pennsylvania. By coincidence, President George Washington had stayed there on the very same date — October 9 — in 1794, exactly 225 years earlier. At the time, he was leading troops to suppress the Whiskey Rebellion, wearing the full military

uniform of an army general despite serving as the civilian president.

The tavern was founded in 1762 and was operated from 1779 to 1815 by Frenchman Jean Bonnet and his heirs. There are four B&B rooms upstairs, with Room 2, above the kitchen, being the largest, probably where President Washington stayed. We chose that room for our brief visit. Using an Olympus Digital Voice Recorder (DVR), we received two very short, one-word answers to direct questions.

On October 9, 2019, at about 6:30 PM, I asked, "Did you live here?" An EVP voice replied very quickly, "No." The next morning at 7:30 AM, I tried again, asking, "Have you been here a long time?" After a pause of four seconds, there was a breathy response, "Yes."



The Levi Deal Mansion exterior (above, left) and Room 1 (right)

The Mansion House

Our next Pennsylvania excursion was to Gettysburg, scene of the great, Civil War battle, but we stayed overnight at the Mansion House in Fairfield, seven miles toward the southwest, on July 21, 2020. The stone home was constructed in 1757 by Squire William and Margaret "Maggie" Miller, the town founders, whose original bedroom, now called the Carroll Suite, is part of an attached, wooden wing behind the main house.

There's a portrait of an unidentified, young woman, probably Maggie, in the main living room, just inside the front door. We tried three different EVP sessions with the DVR, at 4:02 PM, 4:38 PM, and 8:28 PM, and achieved clear results every time.

Me: "Are you a woman?"

EVP: "Yes." (Very, very faint.)

Me: "Did you die in this house?"

EVP: "Yes." (Very, very faint.)

Me: "So, what's your name?"

EVP: "Maggie." (Very quick and faint.)

Me: "How old were you when you died?"

EVP: "Quarter to ..."

Me: "Please tell us your name again."

EVP: "Maggie Miller." (Very, very faint.)

*Where history runs
deep, the dead don't
always rest quietly.*

Flight 93 National Memorial

On October 10, 2020, our next Pennsylvania trip was to the Flight 93 National Memorial near Shanksville, where United Airlines Flight 93 crashed on September 11, 2001, flown by terrorist pilots, with 44 people aboard. We arrived at the somber memorial, our third visit there (previously in 2010 and 2011).

At any such scene of mass death and destruction, the question of possible, paranormal activity often arises.

Local security guards and even a highly-credible FBI investigative employee have seen and heard very strange things, including voices and a disappearing woman, near the Flight 93 National Memorial.

Testing this unusual theory, I sat on a park bench only 135 yards east of the Flight 93 impact site, now marked by a huge boulder. It was 9:45 AM and eerily quiet. There were no people within 60 yards, and no one talking. Turning on a brand-new, Olympus VN-7200 DVR, I spoke softly and asked a series of questions for about two minutes, but I heard nothing in reply.

Playing the recording back later in the day, however, I heard my own voice asking, "Were you a passenger?"

Were you a flight-crew member?"

Suddenly, a male voice, not my own, simply said, "Walk the walk." I still have that strange recording, and cannot explain it.

On April 19, 2023, Gunpowder Magazine online published my article entitled, "Was Flight 93 Shot Down?" A neighbor generously called it my "best article ever." Actually, the wealth of solid, compelling evidence supporting that unthinkable but highly-probable scenario is much scarier than a mere, disembodied voice talking to me on an open field.

Levi Deal Mansion B&B

That same evening, we stayed at the Levi Deal Mansion B&B, dating back to about 1900, in Meyersdale, Pennsylvania. The main house was fully occupied for the night, so we slept in the Carriage House adjacent to the mansion, holding two EVP sessions, at 5:05 PM and 5:30 PM, with surprising results:

Me: "Were you sick at some point?"



The Carroll Suite at the Mansion House

EVP: "Morphine."

Me: "Is it alright if we stay here tonight?"

EVP: "Alright."

Me: "I guess you've seen a lot of people come and go."

EVP: "Yes." (Very faint.)

Me: "Did you have carriages, or did you have cars?"

EVP: "Cars." (Very, very faint.)

Me: "What's your favorite color?"

EVP: "Brown." (Very, very faint.)

Me: "We were just at Fort Ligonier (a British fortification from the French and Indian War) today. Have you ever been there?"

EVP: "Yes." (Faint.)

Me: "I'm going to turn this off in about, oh, 10 seconds or so."

EVP: "No, don't go."

On May 20, 2021, we returned to the Levi Deal Mansion for another overnight stay, this time booking Room 1, known as "Caleb's Room," located inside the main house. The space occupied the entire second floor across the front of the home. We held just one EVP session that evening, beginning at precisely 6:08 PM:

Me: "We're planning to stay here tonight in this room. Is that alright with you?"

EVP: "Good."

Me: "Was that a sitting room, or was that an office?"

EVP: "Sitting room." (It was, in fact, still a sitting room in 2021.)

The Inn at Ragged Edge

Next, on December 23, 2020, my wife and I stayed at The Inn at Ragged Edge, built in 1901, in Chambersburg, Pennsylvania, in the upstairs Hearthside Room, formerly the master bedroom of Colonel Moorhead Kennedy — whose wife, Margaret ("Muffie"), had an adjoining bedroom for herself. We held two EVP sessions, at 5:30 PM and 7:10 AM the next morning, and this is what we heard on the DVR:

Me: "Are you a woman?"

EVP: "Yes."

Me: "How many children did you have?"

EVP: "Four." (The Kennedys had four children.)

Me: "Was it mainly horse-and-carriage?"

EVP: "Yes, yes it was."

Me: "Tell us about the Great War."

EVP: "Fought." (Colonel Kennedy fought in WWI.)

Me: "Is this Margaret, 'Muffie?'"

EVP: "Muffie."

Me: "Did you enjoy living here?"

EVP: "Yessss!" (Enthusiastically.)

Jackson House B&B

Finally, we enjoyed a historic train ride and Civil War raid reenactment near Railroad, Pennsylvania, on August 28, 2021, and stayed at the Jackson House B&B, beside an old railroad crossing, in the Stonewall Jackson Room on the second floor, above the main entrance. Our only EVP experience went like this:

Me: "Would like to tell us your name?"

EVP: "No."

Me: "This is my wife." (Introducing her.)

EVP: "No." (Louder.)

Me: "This hotel was established in 1859. Were you here then?"

EVP: "Walking."

As we can see, paranormal encounters may happen almost anywhere, and the results may not always be what you expected — or easy to explain away. They can be brief, unsettling, and surprisingly specific. Pennsylvania certainly has more than its fair share of ghost activity, with its rich and varied history, and we hope it's been enlightening to share our personal experiences there.♦

AVAILABLE NOW



HANGAR 1 PUBLISHING

Featuring



Paranormal author and rock journalist Maxim Furek has arrived as the 21st-century incarnation of John Keel. In *The Lost Tribes of Bigfoot*, Furek explores the unchartered waters surrounding the cryptid's forbidden realm in a rousing and controversial exposé.

Doug Hajicek,
Monster Quest



"If it's not flesh and blood then what is it?"

Maxim W. Furek



T.Stokes
Holistic Palmist

Your Whole Life Unveiled!
Health — Career — Romance — Destiny

1500 Words on Your Past, Present & Future
(All from emailed hand photos)

Cost: 30 pounds English
(Satisfaction or your money back)

TStokes.co.uk

THE DALNEGORSK INCIDENT

Russia's Roswell & The Mystery of Hill 611

By Cheryl Lynn Carter

Dalnegorsk is a quiet mining town nestled in a picturesque valley in Russia's Primorsky Krai region. Its name means "far in the mountains," a fitting description for its remote location and rugged beauty. Known primarily for its rich deposits of lead and zinc, Dalnegorsk gained a far stranger claim to fame on January 29, 1986 — it became known for something otherworldly.

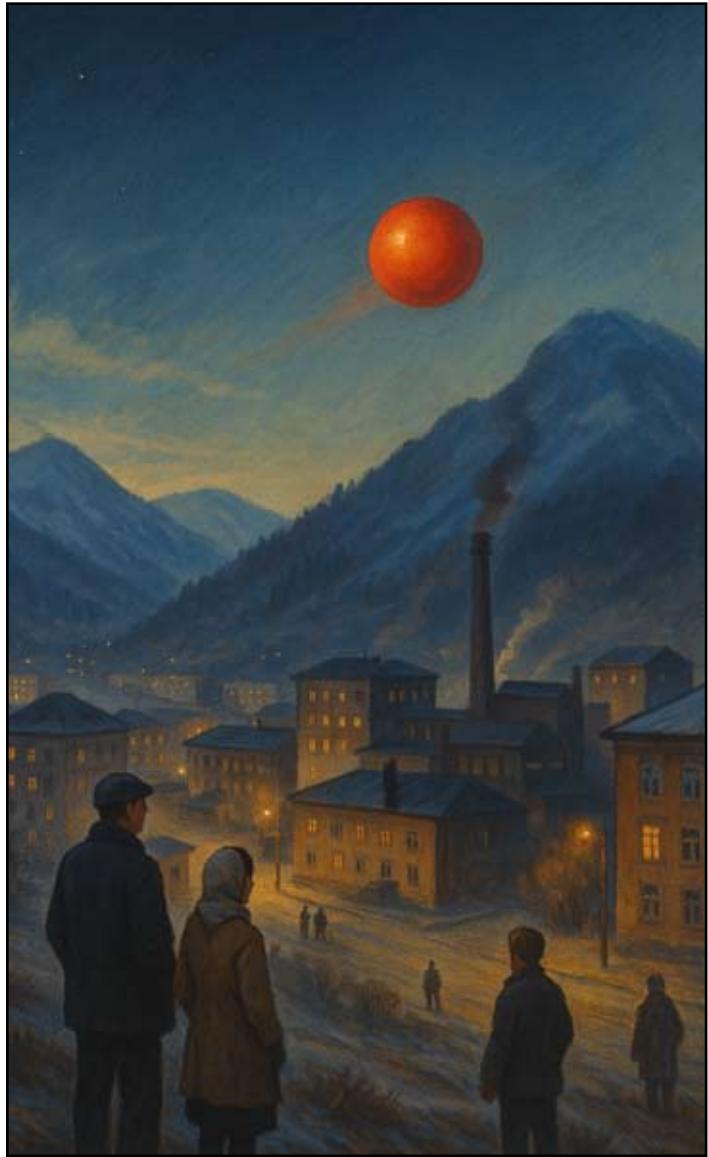
A Silent Crash and a Scorched Mountainside

Around 7:55 p.m., a bright red sphere appeared in the night sky. Its movement proved it was not a meteor or ball lightning. Without making a sound, it moved with great speed at approximately 56 meters per second as it traveled into the town from a southeastern direction. Multiple residents watched as it flew 700-800 meters above the ground. It was nine feet in diameter, a near perfect round-shape made of metal, and it was described as the color of burning stainless steel.

It was noted that the trajectory of the object appeared to coincide with the Xichang Cosmodrome in the People's Republic of China, where satellites are launched into orbit from the Xichang Satellite Launch Center using Long March 2 carrier rockets. Many initially suspected a rocket was to blame, but no launches were reported at the time.

As many as 20 witnesses watched as the object slowly ascended and descended; its surface radiating light of varying intensity. Suddenly, it began to exhibit signs of distress making two sudden jerking motions. V. Kondakov, a local mechanic, was at the bus station located across from the mountain. He observed the object flying so low that he feared it would cut off part of the chimney at the industrial complex.

As it neared the Sikhote-Alin mountain range, the object suddenly dropped from the sky, crashing into Hill 611 at an altitude of 611 meters. A powerful explosion followed, unleashing intense blue flames that burned for an hour — and then, an eerie silence.



A glowing red orb silently crosses the evening sky over Dalnegorsk, as townspeople look on in awe — a moment forever linked to Russia's most mysterious UFO incident.



This is Hill 611 in Russia, where a UFO reportedly crashed on January 29, 1986, shown here in a view from the summit overlooking the mining town of Dalnegorsk. (Photo by Alex Hitrov)

On February 2, a teacher from Secondary School No. 1 led students on an excursion to the suspected crash site, hoping to find some meteorite fragments. They believed the object that impacted the area was a meteorite, not a craft. At the site, they found clear evidence of a disturbance — a burnt tree trunk and branches that appeared to have been severed by a falling object. However, there were no large fragments to suggest an aircraft had crashed.

Strange Remnants and Scientific Anomalies

Subsequent searches were conducted by Professor Valeri Dvuzhilni, director of the Far Eastern Committee for Anomalous Phenomena, who was the first to scientifically investigate the crash site. The UFO impact had swept away a rock outcrop measuring about two cubic meters. Although the surrounding area was covered with snow about two feet deep, a 10-square-meter section near the outcrop was completely bare, as if the snow had evaporated. Vegetation within a three-meter square area had burned, and the soil was coated in black ash — evidence of exposure to extreme heat. An anomalous black substance was found covering everything in the immediate vicinity.

The burned area was clearly defined, as a rhododendron bush that stood nearby was untouched. The rock, which was composed of light brown silica shale, had

cracked and turned black. There was a charred tree stump that emitted a chemical smell, and there were indentations in the ground where the craft had impacted. The burning wood of the tree stump showed signs of extreme heat exposure, producing carbon deposits consistent with temperatures exceeding 5,482 degrees Fahrenheit.

Fragments of magnetized silica shale and splintered rocks were found along with mysterious particles in the form of solidified balls. Typically, high temperatures will cancel out magnetic properties, but in this case, it appeared to do the opposite. Instruments registered six anomalous magnetic points at the site.

In all, approximately 70 grams of lead, 5 grams of mesh fragments, and 40 grams of a strange substance on balls were collected for analysis. They were taken to the Soviet Academy of Sciences to be studied.

Photographs were taken of the site with several cameras, but when the film was developed it was blank. Those who examined the area experienced health issues, including headaches, nose bleeds, and blood pressure fluctuations. Many of the tiny pieces, referred to as "tiny nets or mesh," contained particles of a silvery metal, with some in the form of solidified balls. They contained torn and very thin threads measuring 17 microns, which in turn were composed of even thinner strands twisted into





Alleged metal fragments recovered from the 1986 Dalnegorsk UFO crash, believed by some researchers to exhibit unusual physical and chemical properties.

braids. Extremely thin gold wires were intertwined in the fine threads.

Each of the recovered fragments had its own chemical composition. One mesh fragment contained scandium, gold, lanthanum, and samarium. Another fragment initially showed gold, silver, and nickel; however, after being heated in a vacuum, these elements were no longer detected. Instead, molybdenum and rhenium were identified — elements known for their high-temperature resistance and applications in advanced aerospace technologies.

The “balls” contained a chemical composition of iron, aluminum, manganese, nickel, chromium, tungsten, and cobalt elements of the known periodic table. However, during the analysis process, unexplained things began to happen to the metal fragments. Certain metals began to change before their eyes. After melting the alloy in a vacuum, spectrum analysis did not detect particles of gold, silver, and nickel. Instead, the elements of promethium and moscovium appeared. Promethium (Pm), a rare radioactive lanthanide (atomic #61), is only found in trace amounts on Earth. Moscovium (Mc), a synthetic radioactive element (atomic #115), has been theorized to exhibit anti-gravitational properties.

Dr. Alexey Kulikov, doctor of geological-mineralogical sciences of the Institute of Organic and General Chemistry of the Far Eastern Branch of the Russian Academy of Sciences, participated in the analysis of materials recovered from the Dalnegorsk crash site. Alongside Dr. V. Vysotsky, doctor of chemical sciences, he examined

the unusual fragments. Reports indicate that both scientists found the composition and structure of the materials difficult to explain using known terrestrial technologies, suggesting the possibility of an advanced and unfamiliar origin.

Mysterious Return Visits and Lasting Questions

In the days after the event, Hill 611 became ground zero for a wave of UFO sightings. On February 8, 1986, at approximately 8:30 p.m., two more mysterious spheres appeared in the night sky coming from a northern direction. The spheres headed directly to Hill 611, where they circled the area four times, illuminating the forest below with beams — as if they were searching for something. Then they reversed direction heading back north before disappearing. Was it a mission to locate the crashed craft and its occupants?

On November 28, 1987, at 11:24 p.m., 32 spheres suddenly appeared. Hundreds of witnesses, including Lieutenant Zhivayev of the Interior Ministry troops, observed them fly over the town. Thirteen of them flew to Hill 611 illuminating the mountain, again as if to search for something. Were they searching for a particular area? Could that area contain veins with precious metals that would be conducive to their energy?

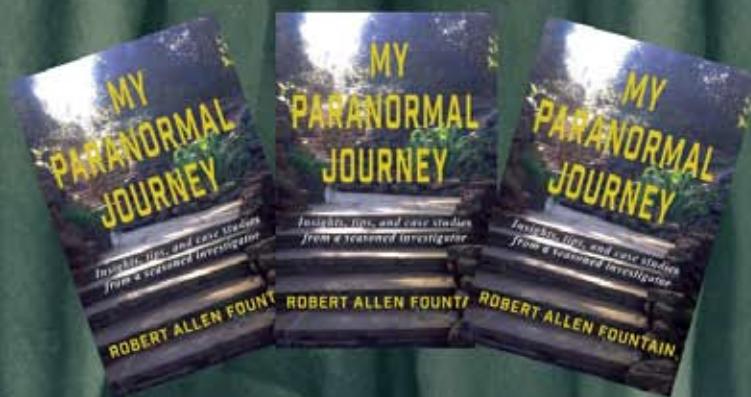
The National Atomic Testing Museum, an affiliate of the Smithsonian Institution, has a glass display case with materials recovered from the crash site. Included are vials with glassy spheres and bits of metal, which have fueled speculation about their otherworldly origin. The exhibit interestingly reads: “Three Soviet academic centers and 11 research institutes analyzed the objects from this UFO crash. The distance between atoms is different from ordinary iron. Radar cannot be reflected from the material. Elements in the material may disappear and new ones appear after heating. One piece disappeared completely in front of four witnesses. The core of the material is composed of a substance with anti-gravity properties.”

The Dalnegorsk Phenomenon is often called the Russian Roswell. What really happened that night on the lonely mountain remains a mystery. Did the military secretly recover debris from an unknown craft? And what happened to the reported 300-page scientific study analyzing the mysterious materials that were tested? Decades after the crash, questions remain unanswered. ♦

MY PARANORMAL JOURNEY

INSIGHTS, TIPS, AND CASE STUDIES FROM A SEASONED INVESTIGATOR

A NEW BOOK BY ROBERT ALLEN FOUNTAIN



NOW AVAILABLE ONLINE
AT MOST MAJOR BOOK RETAILERS

THE SOUL'S BLUEPRINT

DO WE CHOOSE OUR LIFE PATH BEFORE BIRTH?

By Cheryl Knight-Wilson

What if your greatest heartbreak, most challenging relationships, or most life-changing successes weren't random — but part of a plan you agreed to before you were even born?

This question lies at the heart of the metaphysical concept of "soul contracts," a theory that proposes our souls enter this life with a blueprint in hand — an agreed-upon script outlining the key lessons, experiences, and people that will shape our earthly journey. Far from being rigid or deterministic, this spiritual framework suggests we choose our life path to support our soul's growth and healing, while still retaining free will along the way.

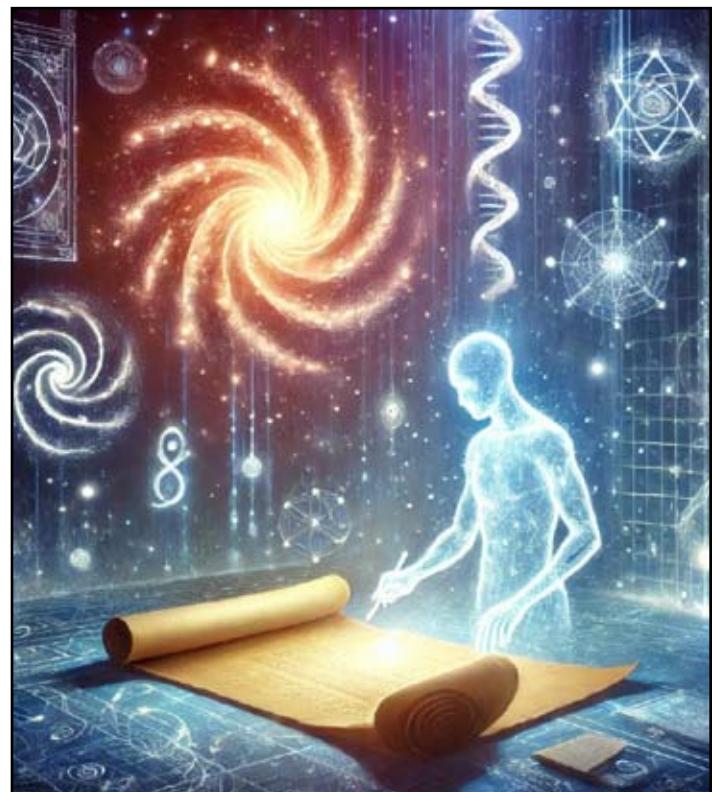
Though controversial, the idea of pre-incarnation planning is deeply rooted in both ancient spiritual traditions and modern metaphysical thought. It intersects with beliefs about karma, purpose, relationships, and the way we respond to the challenges life presents.

What Are Soul Contracts?

According to spiritual teachers such as Caroline Myss and Robert Schwartz, soul contracts are metaphysical agreements made before birth between a soul and other souls, or between a soul and its higher self, to experience certain events or dynamics during a human lifetime. These may include physical or emotional challenges, career paths, major achievements, and key relationships. The intention is always soul growth.

Phylameana lila Desy, a Reiki Master and metaphysical writer, describes soul agreements as "pre-incarnation contracts between two or more individuals." These contracts are said to be created with the help of spirit guides, angels, or ascended masters in a non-physical plane often referred to as the "between-lives" state.

Importantly, soul contracts are not seen as binding in a legalistic sense. Instead, they act more like a flexible roadmap. Circumstances may unfold in unexpected ways, and souls can choose to deviate or adjust based on free will.



Do We Really Choose Everything?

The idea of choosing our life experiences — including suffering — is difficult for many to accept. However, proponents of this theory argue that these choices aren't made from the limited perspective of the human ego, but from the expansive understanding of the soul. From that viewpoint, a painful experience in a lifetime may offer unparalleled growth, compassion, or wisdom.

Robert Schwartz, author of *Your Soul's Plan* and *Your Soul's Gift*, has worked extensively with mediums and regression therapists to study pre-birth planning. His research suggests that people often choose life conditions such as illness, addiction, poverty, or difficult relationships as a means to heal past-life karma or evolve spiritually.

Still, this doesn't mean that people deserve their suffering or that everything is predestined. Free will remains central to how we respond. "When you heed the call of your heart, you are fulfilling your life plan, even if your mind has no conscious awareness of that plan," Schwartz writes in *Your Soul's Gift*.

Relationships and Soul Groups

One of the most compelling elements of the soul contract theory is its explanation for significant interpersonal relationships. According to this view, we often incarnate with souls we've known before — members of our "soul group" — and agree to play different roles for one another in each lifetime.

A parent may have once been a child, a teacher may become a student, or a betrayer in one life may be a helper in the next. These evolving dynamics are thought to help both parties grow in empathy, forgiveness, and understanding.

Gillian Kane, a spiritual coach and healer, writes that "Before you incarnate into a new lifetime, you choose the souls you would like to experience life with in order to learn the lessons you have chosen to evolve. You both agree to essentially play a 'role' in each other's lives to facilitate this growth through a positive connection or a negative connection."

Implications for Energy Healing

In the realm of energy healing, recognizing the existence of soul contracts can provide a powerful framework for transformation. A practitioner working with a client might consider whether an unresolved emotional wound is tied to a soul agreement or karmic pattern.

Practices such as past-life regression, Akashic Records readings, and intuitive counseling often seek to uncover

the origins of recurring life challenges through the lens of pre-birth planning. By bringing these soul-level dynamics into awareness, individuals can consciously choose to release old contracts or revise them energetically.

Even when difficult, this understanding can lead to greater compassion for oneself and others and a deeper sense of spiritual agency.

Criticism and Caution

As with many metaphysical ideas, soul contracts haven't been verified scientifically. Critics argue that these beliefs can become spiritual bypassing — excusing trauma, injustice, or abuse under the guise of "soul lessons." It's crucial to approach these ideas with both reverence and discernment.

The late Dr. Michael Newton, a hypnotherapist who documented thousands of between-life regressions in books such as *Journey of Souls*, maintained that not all souls choose extreme suffering. Some lessons are taken on voluntarily, while others may arise from free-will choices gone astray. His research emphasizes the compassion and support present in the pre-life planning process.

A Map, Not a Mandate

Whether viewed as literal truth or a symbolic way of understanding our lives, the theory of soul contracts can be empowering. It invites us to ask: Why might I have chosen this? What am I learning? How can I grow from this experience?

Rather than seeing ourselves as victims of circumstance, we become co-creators of our evolution. Our lives may not follow a rigid script, but the soul's blueprint is always within reach — etched not in stone, but in the luminous fabric of consciousness.♦

WANT TO KNOW MORE ABOUT UFOS?

How about sea serpents, haunted places, Bigfoot, or other mysterious topics?

Then you need to read **The Gate to Strange Phenomena**. Each issue contains factual paranormal articles from around the world.

Finally get the facts!! Mail \$2.00 for sample issue to:

The Gate
P.O. Box 43516
Cleveland, OH 44143

PARANORMAL UNDERGROUND RADIO

www.ParanormalUnderground.net

Ghosts **Psychics** **UFOs**
Cryptids **Para TV** **Spiritual**

FAITH OF THE HEART

How I Found Harmony Between Traditions

By Willie Windwalker Gibson

I was raised in a Pentecostal home by a very religious father. He was also Native American and deeply connected to the traditions of our people. Alongside the *Bible*, he taught us the value of Native ways — the wisdom of nature, respect for the spirits, and the power of personal faith. He believed that true strength came from honoring both the seen and unseen, the written word and the whispers of the earth.

From a young age, we were taught to believe in God, but also to believe in ourselves. As we got older, my brothers and sisters started making their own choices about spirituality. Some drifted away from the teachings we grew up with. But for me, the lessons my father shared took root and never left. I stayed true to that foundation, even as my path began to evolve into something deeper.

When I was called to become a shaman, it didn't feel like a departure from my upbringing — it felt like a continuation. I discovered that Native spirituality and Christian faith could exist side by side, each enhancing the other. It wasn't about choosing one over the other. It was about honoring both. Over time, I also became an ordained minister, finding that my calling extended across both traditions.

In the beginning, that blend wasn't always accepted. I would set up a table at local events to offer my services and share what I could do. Many people reacted with hostility. I had Bibles thrown at me. I was spat on and cursed at — usually by people who claimed to be followers of Christ. One time, the aggression became so intense that my wife and I had to be escorted out of a building by the police. They even followed us to our car to ensure we got away safely.



But I didn't give up. I stayed true to my path, even when it was hard. I knew what I was doing came from a place of deep faith — faith in God, in Spirit, and in healing. And over the past 20 years, things have changed. More people now accept what I do. They're more open to the idea that spiritual paths can intersect rather than collide. They see that my practice is based on love, prayer, and connection — not division. They recognize that what I offer is truly rooted in faith.

Some who once doubted me have even adopted elements of what I believe. They've seen that a "faith of the heart" works. Violence doesn't heal — faith does. Prayer does. And love always finds a way. ♦

PARANORMAL UNDERGROUND®

Magazine

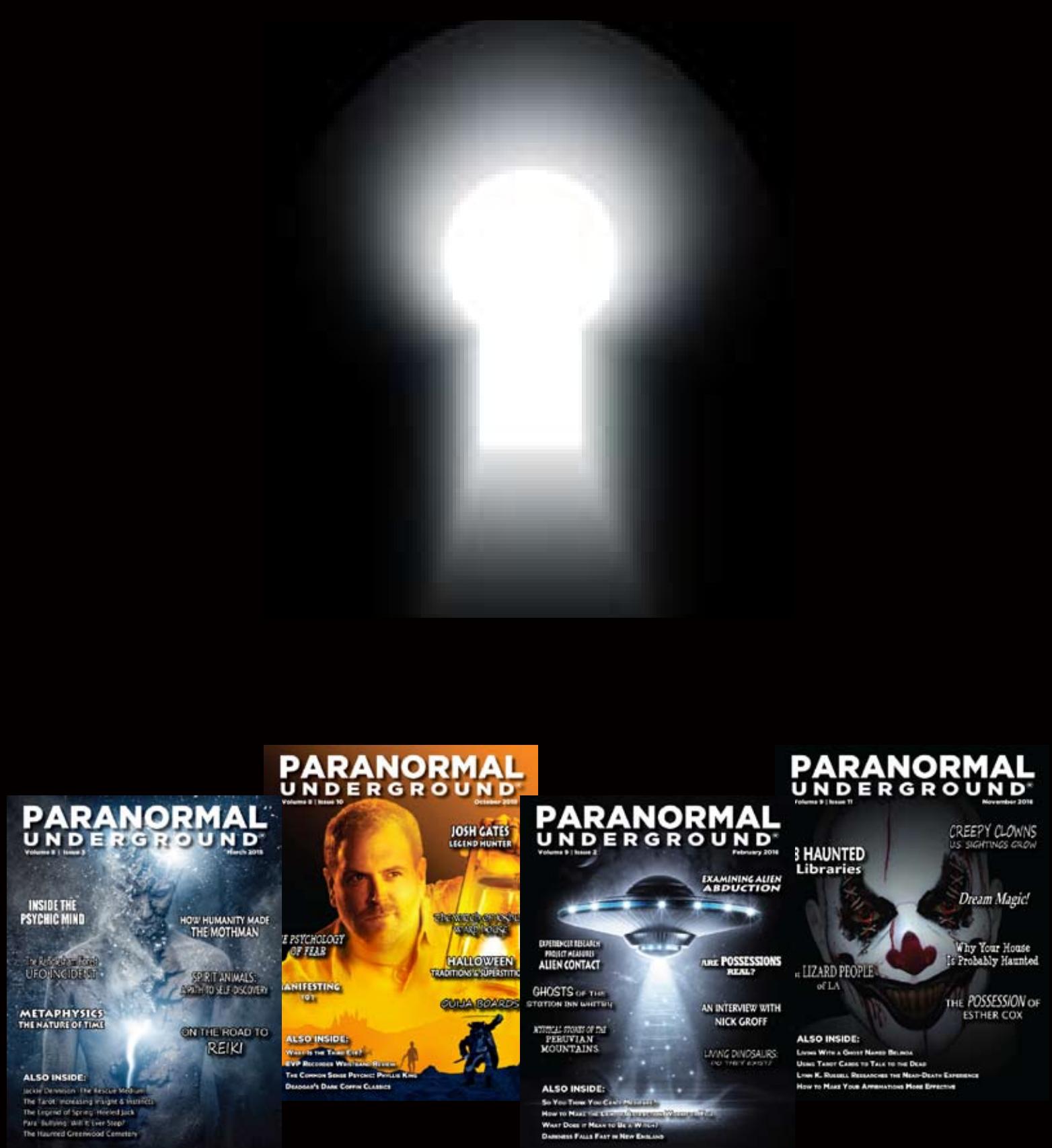
Get Your FREE 12-Month PDF
Subscription Today!

Read About Ghosts, UFOs, Cryptids, Metaphysics,
Psychic Phenomena, Case Files & More!



Subscribe For Free Today At:

www.paranormalunderground.net



VISIT PARANORMAL UNDERGROUND MAGAZINE AT
PARANORMALUNDERGROUND.NET